

## II. NIHSeniorHealth

<http://nihseniorhealth.gov>

NIHSeniorHealth.gov



Featuring Health Information from the National Institutes of Health

This is a website designed for older adults. It was developed by the National Institute on Aging and the National Library of Medicine, both parts of the National Institutes of Health. The information on the website comes from the institutes and centers at NIH and is reviewed by the American Geriatrics Society.

The design of the site grew out of NIA's research on the types of cognitive changes that are a part of the normal aging process. Changes in memory, text comprehension, information processing speed and vision can interfere with older adults' use of computers. This website includes many features which make it easy for older adults to use. NIH extensively tested NIHSeniorHealth with adults age 60 to 88 to ensure that it is easy for them to see, understand and navigate.

### Senior-Friendly Features

At the top of the front page are the first examples of the senior-friendly features. There are three buttons: "Enlarge Text," "High Contrast" and "Turn Speech On."



These buttons comes with a keyboard command that can be used instead of clicking the mouse. Hovering the mouse over the button will show you if there are keyboard commands for that button. Note: the numbers refer to the numbers at the top of the keyboard, not the number pad on the right.

A keyboard command is much easier to use than a mouse for many people.

#### Enlarge Text

Clicking on this button will make the text much larger. It only has two sizes for the text—clicking on the button a second time will make the text small again. The keyboard command for this is “Alt+3.” This means that if you push the “Alt” key (next to the space bar) and the number “3” key at the same time it will be the same as if you clicked on the “Enlarge Text” button.

#### High Contrast

This toggles you back and forth between black text on a white background to yellow text on a black background. The keyboard command is “Alt+4.”

#### Turn Speech On

When you click on this button, the computer will read all of the text that you click on. To turn it off, just click on the button again. The keyboard command is “Alt+5.”

#### Navigating Without the Mouse

As is true with all of the websites from the National Library of Medicine, you can use the “tab” key to navigate the website instead of the mouse.

- As you hit “Tab,” an outline appears around different sections of the page.
- You can “Tab” to the websites buttons or links and press “Enter” to push that button (for example, the “Click to Begin” button).
- If you accidentally hit “Tab” too many times, you can go backwards by holding the “Shift” key down and tapping “Tab” at the same time.
- If you have the “Speech On” activated, you will here the text read to you when you “Tab” over to the text you want and press the “Enter” key.

#### Help

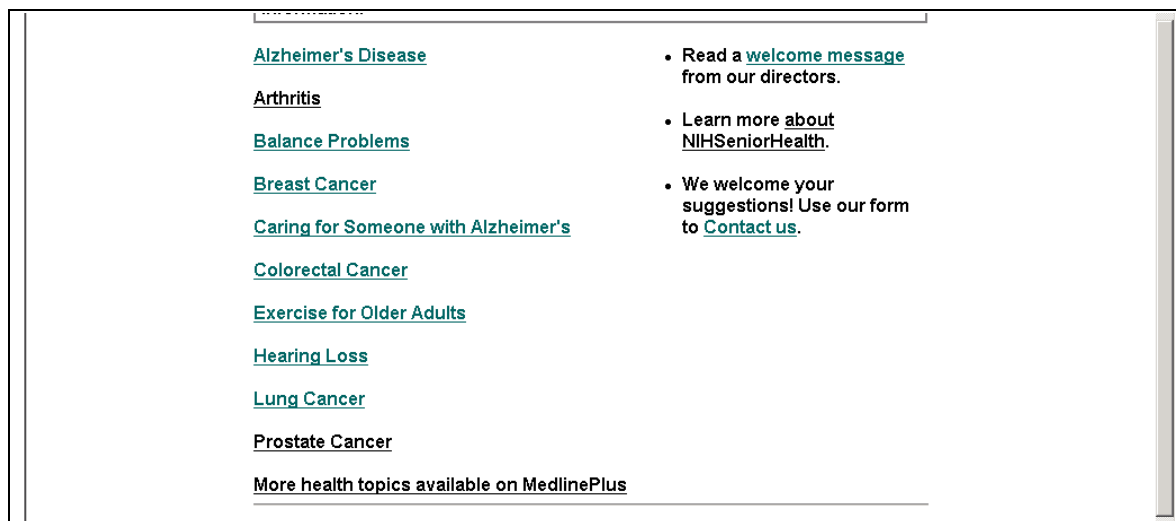
Along with explaining these functions in greater detail, clicking on the word “Help” in the upper right hand corner of the screen will take you to a site that gives you a greater list of keyboard commands to increase your ability to use the website without using a mouse.

#### Accessibility

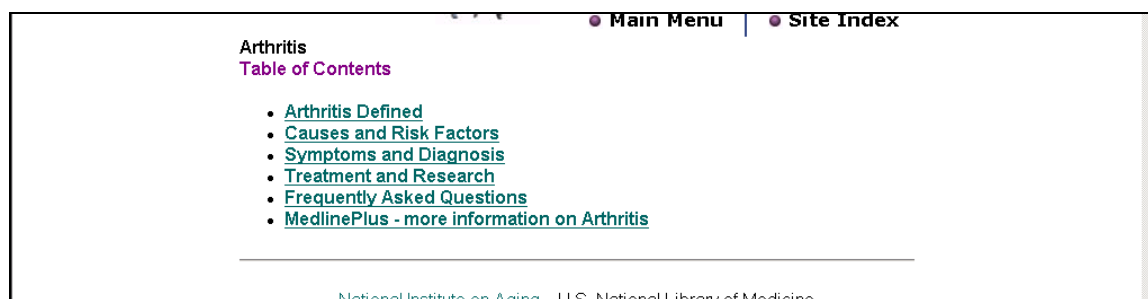
The National Library of Medicine is making every effort to ensure that the information available on this Web site is accessible to all. If you use special adaptive equipment to access the Web and encounter problems when using this site, call customer service at 888-FIND-NLM or [custserv@nlm.nih.gov](mailto:custserv@nlm.nih.gov).

## Main Menu searching

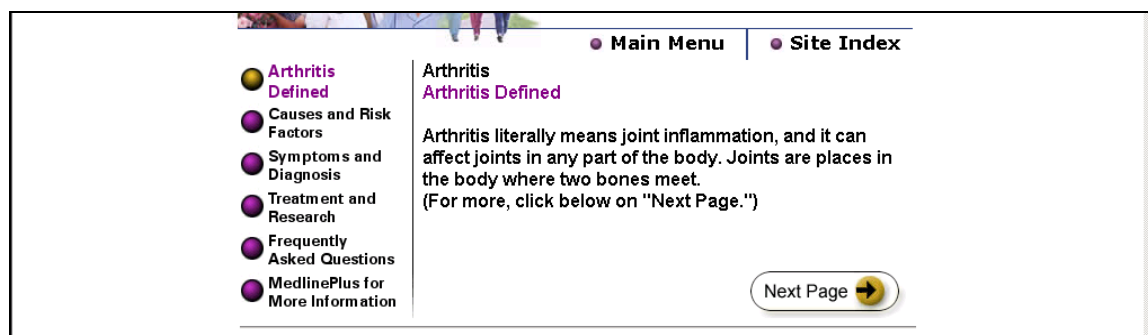
The main menu has 10 or so of the most frequently requested health topics for seniors organized alphabetically (more are planned). For more health topics, a link to MedlinePlus is included.



Clicking on a health topic brings up a small table of contents for that topic.



Once you select the first one, a chapter is brought up a page at a time, while the other sections are listed in the frame on the left.



You can click on or tab to Next Page to work through the document, or jump ahead by clicking on the heading on the left.

## Site Index Searching

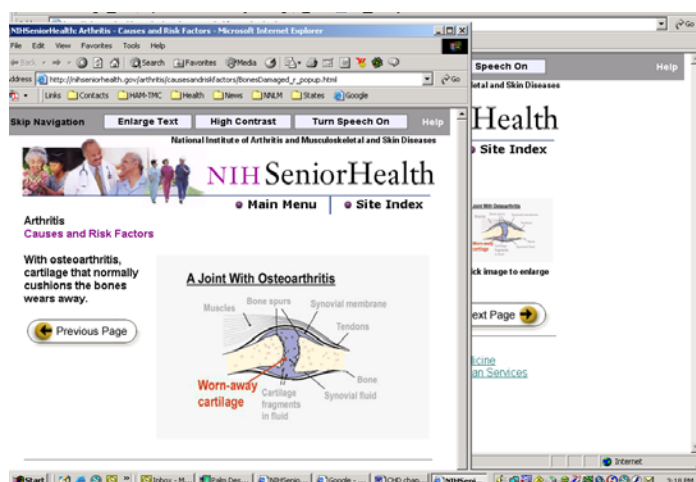
Another way to search is to go right to the Site Index.



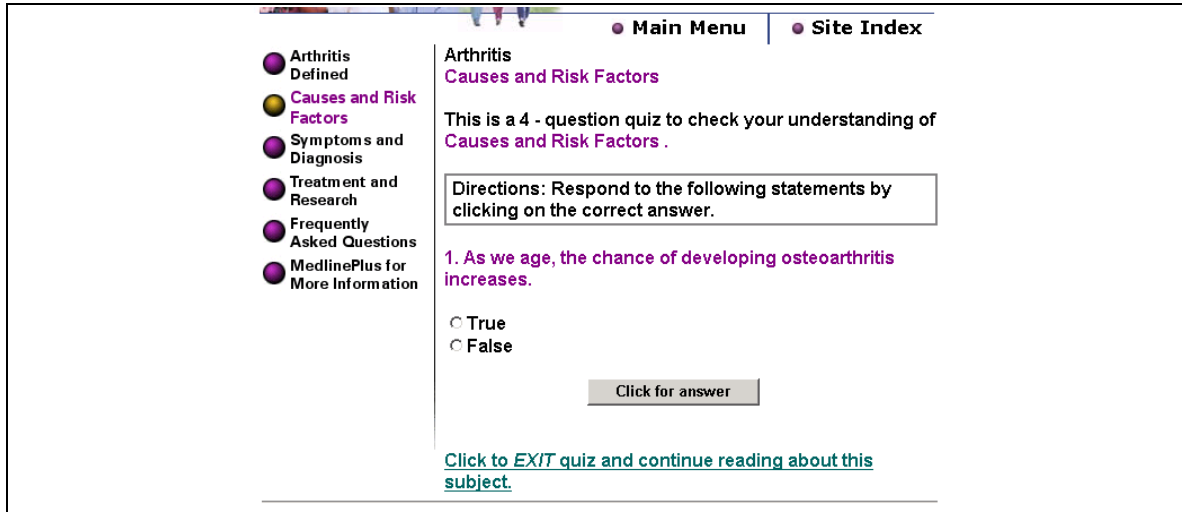
This site shows all of the health topic and other pages at NIH SeniorHealth one link at a time, so you can get a complete vision of the website all at once.

## Special Features

Multi-media -- While reading the NIH SeniorHealth information, it is common to come across small videos or illustrations that make the information more clear. Clicking on them will open them in a separate window, which makes it easy to get back to the right place when you go back to the text.

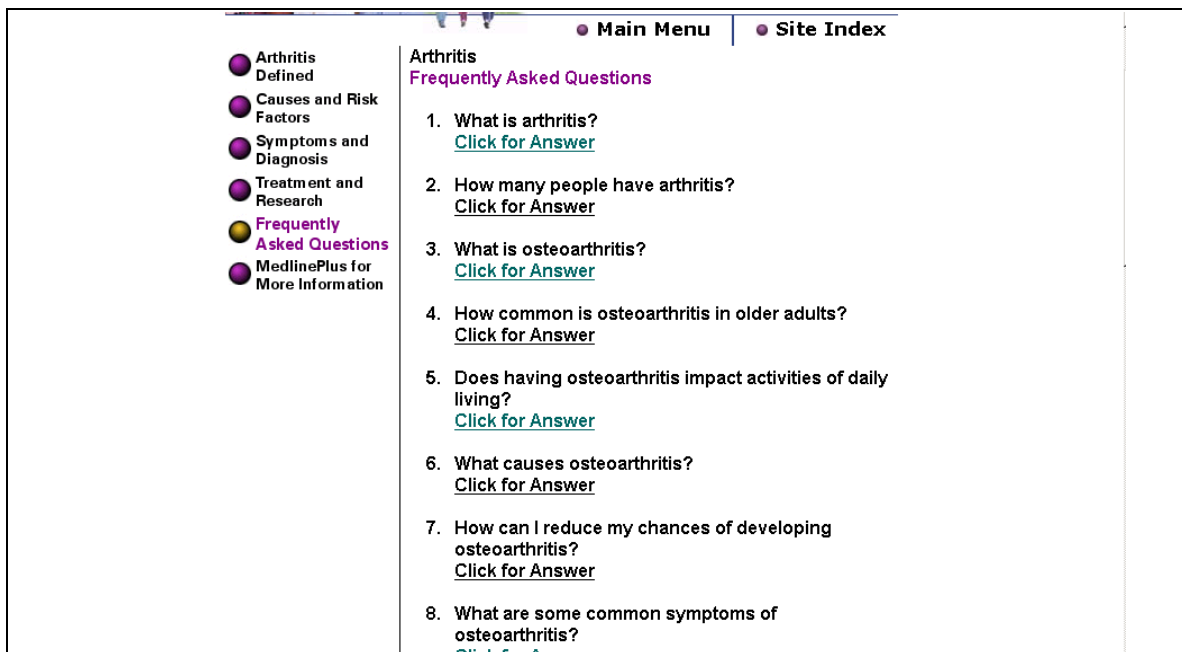


Quizzes – Another feature of NIHSeniorHealth, which has turned out to be very popular, are the quizzes at the end of each chapter. They are very helpful for making sure that you understand what you have read. They are optional--you can choose to take them or skip them.



The screenshot shows the NIHSeniorHealth website interface. On the left is a navigation menu with links: Arthritis Defined, Causes and Risk Factors (highlighted), Symptoms and Diagnosis, Treatment and Research, Frequently Asked Questions, and MedlinePlus for More Information. The main content area is titled 'Arthritis Causes and Risk Factors'. It states: 'This is a 4 - question quiz to check your understanding of Causes and Risk Factors .'. Below this, a box contains the directions: 'Directions: Respond to the following statements by clicking on the correct answer.' The first question is: '1. As we age, the chance of developing osteoarthritis increases.' with radio button options for 'True' and 'False'. A 'Click for answer' button is below the options. At the bottom, a link reads: 'Click to EXIT quiz and continue reading about this subject.'

Frequently Asked Questions – The second to last chapter of each health topic is a Frequently Asked Questions section. Clicking on the question will bring up the answer.



The screenshot shows the NIHSeniorHealth website interface. On the left is a navigation menu with links: Arthritis Defined, Causes and Risk Factors, Symptoms and Diagnosis, Treatment and Research, Frequently Asked Questions (highlighted), and MedlinePlus for More Information. The main content area is titled 'Arthritis Frequently Asked Questions'. It lists eight questions, each with a 'Click for Answer' link:
 

1. What is arthritis? [Click for Answer](#)
2. How many people have arthritis? [Click for Answer](#)
3. What is osteoarthritis? [Click for Answer](#)
4. How common is osteoarthritis in older adults? [Click for Answer](#)
5. Does having osteoarthritis impact activities of daily living? [Click for Answer](#)
6. What causes osteoarthritis? [Click for Answer](#)
7. How can I reduce my chances of developing osteoarthritis? [Click for Answer](#)
8. What are some common symptoms of osteoarthritis? [Click for Answer](#)

MedlinePlus – The last chapter of each health topic links you to the MedlinePlus health topic for that information. MedlinePlus brings you much more information about the health topic you are researching!

**Practice Questions**

1. I've been told I'm supposed to stretch to increase my flexibility. My husband says "no pain, no gain" but my friend says it's not supposed to hurt. Which is right?
2. What is Ménière's disease and what causes it?
3. My mother has Alzheimer's. Some days she can drive with no problems, and other days she makes bad decisions when driving. Should we let her drive on the good days?